

**EAT WELL, AGE WELL.**

## **Monthly Tracking Calendar- Purple Foods**

**RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1: Eat berries 3 times this week.**

**WEEK 2: Try purple potatoes for dinner.**

**WEEK 3: Have purple cabbage at least once this week.**

**WEEK 4: Try an eggplant recipe and keep the skin on.**

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***Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!***